

Checklist Produced by the Adventure Agent, SnowRoad.com,
Box 1067 Snow Road, On Canada, KOH 2R0

BASE FOODS - DRY

- coffee/tea
- brown sugar
- juice
- instant pudding
- milk
- pop corn
- drink
- space ice cream
- soup
- treats
- peas
- beans
- rice
- red river cereal
- rice fixings
- oatmeal
- mac & cheese
- pancake mix
- apple sauce
- granola
- foil
- potatoes

FRESH

- summer sausage
- toppings for bread
- weiners
- bread
- weiner buns
- weiner toppings
- margarine
- rice fixings
- syrup
- eggs
- fruit
- beans
- vegetables
- milk (sterilized?)

FIRST AID KIT

- personal meds.(prescrip)
- notepad & pencil
- zinc oxide
- snakebite kit
- needle
- mosquito clamps
- tweezers
- scissor
- first aid booklet
- wire coil
- compass & whistle
- safety pins
- mattress repair kit
- ring pad
- Q-tips
- Dettol
- Seldane
- Milk of Magnesia
- Pepto-Bismal
- Sting - Ease
- a.s.a. (of similar)
- tube of 1st aid cream
- toothache drops
- halazone tablets
- alcohol
- cotton batting
- moleskin patches
- tensor bandage
- 2" gauze roll
- 1"x10 sterile gauze
- 1/2" x 1.5 Yd adhesive tape
- 2" adhesive tape
- 2" waterproof tape
- pressure bandages
- band - aids (various sizes)
- 3"x3" gauze pad

Other checklist overleaf ...

CHECKLIST created by: DAVE MARTIN, SNOW ROAD, ONTARIO

NAME: _____
LAST _____ FIRST _____ DATE: _____

I, (signature) _____ **AUTHORIZE**
TO SIGN FOR ANY MEDICAL ATTENTION REQUIRED BY:

_____ while in his/her care. O.H.I.P. # _____

DESTINATION: _____ DURATIION: _____ wks/dys

PERSONAL EQUIPMENT

- Glasses
- Sunglasses
- Underwear
- Polypro Undrwear
- Shorts/swimsuit
- Trousers/slacks
- Shirts - Shortsleeve
- Shirts - Longsleeve
- Socks
- Wrm jacket,sweater
- Windshell
- Rainsuit
- Hat
- Extra shoes
- Headnet
- Towel
- Toothpaste/brush
- Shave kit, comb
- Toilet tissue
- Personal hygiene
- Repellant
- Sunscreen
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Optional PersonalEquipment

- Field guides
- Notebook, pencil
- Camera equipment
- Binoculars
- Fish tackle
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CAMP EQUIPMENT

- Sleeping bag
- Mattress
- Tent
- Pegs
- Poles
- 1st aid kit
- Maps
- Compass
- Whistle
- Matches, lighter
- Permits: fish,hunt,
- Candles/lantern
- Hammock
- Fanny Pack
- Pack(s) No external
frames for Kayak trips
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Optional Camp Equipment

- Tarp/fly
- Parts (stove, lantern,etc.)
- Spade/trowel
- Folding saw
- Axe
- Kitchen tent
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KITCHEN

- Mess kit
- Fry pan
- Cups
- Scrubber
- Spatula
- Utensils
- Stove
- Fuel
- Food pack
- Food
- Spices
- Water container
-
-

BOAT EQUIPMENT

- PFD
- Spray deck
- Drumhead
- Airbags
- W'proof bags
- Sponge/pump
- Lining rope
- Pogies
- Boat
- Paddles (incl. spare)
- Wetsuit
- Duct tape
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Other checklist overleaf ...